

Vasectomy

Patient Name:

Medical Record #:

Appointment

Date:

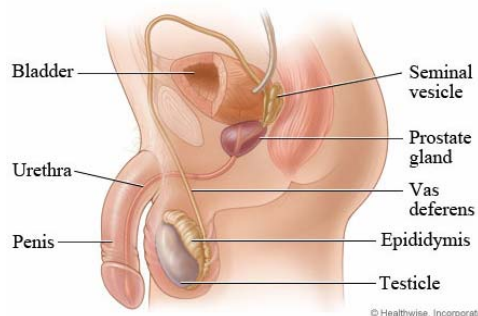
Time:

Provider:

Please make every effort to keep your appointment; the time required for this procedure has been reserved for you. If you must reschedule, please notify the Urology Clinic (408-851-4515) at least 48 hours before your scheduled procedure. You should bring someone who can drive you home. If you do cancel your appointment it will be your responsibility to reschedule and this may take another 3 months.

What is a vasectomy?

Vasectomy is the process of dividing the vas deferens in order to prevent pregnancy. Once achieved, there is only a small possibility of reversing the state of infertility. Sperm are produced by the testicles, which are located in the scrotum and carried to the prostate and urethra through the vas deferens (see diagram below.) There is ordinarily one tube from each testicle. Since vasectomy simply interrupts the delivery of the sperm, it does not change the hormonal function of the testis, and sexual drive and ability remain intact. Since most of the semen is composed of fluid from the prostate, the semen will look the same. Sperm are still produced in the testicle after a vasectomy; however, they can no longer pass through the vas deferens. The sperm die within the testicle and are reabsorbed.



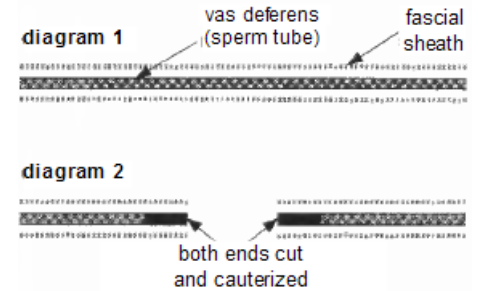
Why a vasectomy?

Vasectomy is the most common method of male contraception and is considered to be the safest and most reliable method of permanent male sterilization. The failure rate of vasectomy is only 1 per 1000 but the failure rate of birth control pill is up to 30 per 1000 and the

failure rate of tubal ligation is up to 4 per 1000.

How is it done?

The procedure will be performed by a Urologist under local anesthesia. The skin of the scrotum and the nerves will be numbed by injection of the anesthetic. You will be fully conscious. A segment from each vas deferens will be removed and the ends will be cauterized (see diagrams 1 and 2). The skin incision(s) in your scrotum will be closed with a suture material that will later dissolve as healing occurs (this may take up to 4 weeks).



Preparation for the Vasectomy

Shave as much hair as you can from the base of the penis, entire scrotal area, and where the groin meets the scrotum. Do this the evening before or morning of the procedure date and do not use an electric razor. After shaving the area, wash the penis and scrotum thoroughly with soap. Then shower or bathe to remove all loose hairs. Bring a scrotal support (jock strap or tight Jockey shorts). Wear comfortable trousers. Refrain from eating or drinking for two hours before your vasectomy.

Vasectomy

After the operation

You may note some minor postoperative problems and occasionally some complications. The minor discomforts that frequently occur include; black-and-blue marks on the scrotum, swelling beneath the incisions, tenderness around the incision sites and testicles, and discharge from the edges of the skin incisions. Uncommon complications include; epididymitis, hematoma, abscess, and failure of the procedure.

Post Vasectomy Instructions

You may return to your normal diet as soon as you arrive home. Ice packs should be placed on and off over the scrotum for the first 48 hours. 20 minutes on and 20 minutes off is a reasonable schedule. The ice is a good pain reliever and will keep the swelling down. You may take Tylenol 2 tablets every 6 hours for pain. Avoid aspirin, Advil and Motrin. Do not do any work that requires heavy lifting, pushing, or straining, for two days after the procedure. You may do light work as soon as you wish. Keep the incisions dry for two days following the operation. Thereafter, you may resume normal showering. You should refrain from bathing for 7 days. Wear an athletic supporter only as long as you need it for comfort. The procedure does not immediately protect you from contributing to a pregnancy. Continue to use some other method of birth control until you have had your semen analyzed and have been told that it doesn't contain sperm. It is recommended that you wait at least 7 days before resuming sexual activities.

Ejaculations will help to clear the passage of sperm, but remember that you and your sexual partner must use some other method of birth control until you are told that you may discontinue its use.

Follow-up

You will not have a routine follow-up appointment. Anytime after 8 weeks after the vasectomy you will need to have a semen analysis to make certain that the vasectomy was successful.